

Bellingham Unitarian Fellowships
The Midweek Update
July 26, 2017

BUF Sunday Services in July

July 30 – Self Compassion, Guest Speaker Carrie Koehline on *The Life-Changing Magic of Self-Compassion* Self-compassion is a practical and essential tool for personal growth and being in right relationship with others. Carrie Koehline, local therapist and clutter coach will explore the topic through recent research and stories, songs and poetry. Laura Shelton and Andrew Schoneberg will provide musical support.



BUF Sunday Services in August: (more information in the August section of this newsletter)

August 6th- 10:30 am service with Jeff Packer with Shasta Pettijohn. *“To Love and Be Loved: Nurturing a Spirit of Care and Connection.”* With music performed by Shasta Pettijohn, along with Annie Sorich and Amy Van Auker.

August 13th-10:30 am service with Guest Speaker Ted Williams, with music by Karen Fitzgerald.

Pastoral Care Notice: Ursula Zvilna continues to recover at St. Joseph's hospital from two strokes. She'd welcomed cards but visitors are still exhausting for her so only the Pastoral Care Team is currently visiting at the family's request. As soon as she's up for more people we'll let you know. In the meantime Andrew and their son, Kevin, request good thoughts and prayers.

Nie Bemstein is recovering from knee surgery at Mt. Baker Care Center and would welcome cards and company.

Celebrating success and the partnerships that make a difference: Fundraiser for and Fun with Our Partner Agency, Community to Community-Aug 5th

Come celebrate the incredible victory we have all had supporting the formation of the first US farmworker union in 25 years, right in our own corner of the country. Support our Partner Agency, Community to Community (C2C) (www.foodjustice.org), and enjoy music, Mallard ice cream floats and fun! Boundary Bay Brewery beer garden, Saturday **August 5th**, 5-8 pm. Questions? Contact Kara Black 360-676-2300, karab@treefrognight.com. Amidst the politics of our time, it is remarkable to have a significant union victory. BUF members, supporting Community to Community, our partner agency--were a very



significant part of this victory. Familias Unidas por la Justicia (FUJ) has signed a favorable union contract with Sakuma Berry Farms in Skagit County. This is the first ever farmworker union made up of indigenous farmworkers (indigenous people from the territory of Mexico who do not speak Spanish--rather their indigenous languages). It is also the first new farmowrker union in 25 years in this country.

To those of you who signed/wrote letters to Driscoll and Sakuma, boycotted Driscoll/Sakuma, joined demonstrations, came to educational events, donated goods and funds to striking farmworkers who had nothing--thank you, thank you, thank you! Community to Community, with BUF's significant support, was the key support system for the courageous farmworkers these last 4 1/2 years.

Sakuma Berries are now Union Berries--the only in our area. The boycott is over, and you can buy them with pride.
~ Yours in peaceful justice, Kara Black (Immigrant Rights Action Team)

BUF, Students for the Salish Sea and the Sm'ogyet Yahaan and Lax Kw'alaams

Just to show you yet another impact of what can be accomplished when people come together and stand for what is right. On December 8, 2016, Students for the Salish Sea held a fundraising dinner at Bellingham Unitarian Fellowship, raising

funds to help stop this project that would have huge negative impacts on the traditional territory of Sm'ogyet Yahaan and Lax Kw'alaams in British Columbia. It has been an honor to play a role, however small, in support of the Students for the Salish Sea and the Sm'ogyet Yahaan and Lax Kw'alaams and for the protection Pacific Northwest as a whole.



“\$36-billion Pacific NorthWest LNG project dead”

Paula Baker in the Global News (<http://globalnews.ca/news/3623401/36-billion-pacific-northwest-lng-project-dead/>)

By

Update on things going on at BUF during the summer season

Phone System: We are in the process of changing our telephone and internet signal provider, from CenturyLink to Comcast. The Comcast agreement will provide a total of 4 analog lines (currently we have three) and increased internet speed and capacity. In addition, BUF will save about \$125 per month on average with the provider change. **The church telephone number will be the same (360 733-3835) but remember, you now have to dial all ten digits even when making local calls.**

Fire Extinguishers: Dale Cunningham (Chair of Building & Grounds) has been updating, upgrading and completing inspections for the fire extinguishers located on all levels of BUF. He will be mapping the locations and also offering a safety and response training in the near future.

Parking lot improvements and landscape work: Building & Grounds committee is working on a plan this summer to clean-up the parking lot and improve the parking scheme...maybe fill in few potholes too! Conditions are very dry now, so we have begun watering all planted areas. Thanks to Beth Brownfield, Mark Allyn and Marian Beddill.

The trees lining the I Street side are being assessed for badly-needed pruning. The bench on that corner of the property is being repaired, thanks to Ron Quinn.

Steam Cleaning Carpets: All classrooms and the flex room have had carpets steam-cleaned, as well as the Conference Room. This coming Friday, the office hallway, the stairwell to the social hall, the library and the sanctuary will also be steam cleaned. This work may briefly limit access to those parts of the building.

Currently Seeking Applications for Building Steward: The job description includes cleaning the building and setting up for group activities and events. This is a part-time position, 10-15 hours per week, including Sundays and evenings. The job requires the ability to lift 50 pounds, dependability, good judgment and strong communication skills. Deadline for application is August 10, 2017. Please include a resume and describe your interest and aptitude for this position.
Email to: hrb@buf.org

A Call for Coffee Hour Treats



The sweets and healthy treats we all enjoy during Sunday Coffee Hour are made possible by the generous donation of people like you. It takes a village...to provide enough goodies for all the members, friends and visitors who look forward to snacking and socializing after Service. Participation is so easy! Just drop off your ready-to-serve contribution in the kitchen before Service and the Building Steward will take it from there. Gluten free items and ingredients lists are especially appreciated by folks with food sensitivities. In anticipation of your contributions, we thank you.

~ The Hospitality Team

Updating the BUF Directory this fall, using Lifetouch Photography and Membership programs

The BUF Hospitality Committee is working on a Church Directory project this fall that will include family and individual photographs in addition to contact information.

The planning is in the early stages, but the photography sessions are tentatively scheduled for the first week of October.

The last BUF photo directory was completed in 2013, so there is a lot of updating to do.



The current proposal will include a smaller format, with annual updates to the directory.

Also included is a mobile directory and many creative photography options, including pets as pictured here.

The photography program is no cost to BUF and features



an 8x10 complimentary photo and directory for each participating family. Photos are taken by a local photographer, working with Lifetouch and there is immediate on-site viewing and selection of photos.

The mobile directory allows easy and on-the-go access to directory information from phones, tablets and via email.

BUF Changes Church Management Database to BREEZE



On July 13th, BUF membership data was officially moved from Church Windows to Breeze. Research for this change has been going on for more than a year, with the goal to have a more flexible and easy-to-use database program for BUF. We are currently running parallel with both programs, to ensure data quality. Look for more information in August updates, including how Bufsters can access and update their own membership data.

BUF Calendar Highlights 7/26-8/6

Wednesday, July 26

*Humanitas, 10 am, sanctuary

Thursday, July 27

*Board of Trustees, 7:00pm in conference

Sunday, July 30

*Sunday Worship- Self-Compassion with Carrie Koehline at 10:30, sanctuary
*Coffee Hour, 11:30, Social Hall
*Sunday Brunch at the Hearthfire, 12 noon

Monday, July 31

*Life Exercise, 4:50 pm, Flex Room

Wednesday, August 2

*Humanitas, 10am, Sanctuary

Friday, August 4

*HR Meeting, 1:00pm, Conference Room

Saturday, August 5

*Shir HaShalom, 9:00 am, Flex
*Fundraiser for C2C , at Boundary Bay Brewery beer garden, 5pm-8pm

Sunday, August 6

*Sunday Worship- "To Love and to be Loved, Nurturing a Spirit of Care and Connection" with Guest Speaker Jeff Packer, with Shasta Pettijohn, 10:30am, Sanctuary
*Coffee Hour, 11:30 am, Social Hall

Monday, August 7

*Life Exercise, 4:30pm, Flex Room

July Calendar of Events

Humanitas - Helping People In a Pinch, every Wednesday at 10am We are going to take a break and will not be publishing any more stories in the Mid-Week Update until September, even though our doors will be open as usual each Wednesday morning. If you would like further information on what we do at *Humanitas* or if you would like to donate, please contact elizweber@msn.com or check our corner of the kiosk in the Social Hall.

~ The Humanitas

Team

The needs of the Lummi Food Bank do not take a summer vacation Lummi Food Bank is always in need of food donations. It is also in need of bags, especially paper bags for distributing the food donations received. We know that hunger is an ongoing struggle for many in our and in our neighbor's communities. Please consider adding a few items to your shopping list (groceries or personal items) that you can donate to their Food Bank by leaving in the food basket cart at the front entrance.

You can also make that struggle a little less burdensome with cash donations made out to the Lummi Food Bank (submit to the BUF office). There is also an EFT form in the Lummi food basket, should you wish to make a monthly electronic donation. Thank you for your continued support to help others.

~ Carol Dukes



Miracle of Mindfulness—Join Us Every Thursday at 2:00pm Meeting every Thursday and following the tradition of Thich Nhat Hanh, the Flowering Cherry Sangha Mindfulness Meditation Group takes part in meditation, study, discussion, and chanting. Join us at **2:00 pm on July 27th and August 3rd in the downstairs Meditation Room.** Chairs are provided; bring a cushion if you wish. For more information contact David Gillespie at davidgillespie72@gmail.com.

Thursday, July 27 7:00 PM Board of Trustees Meeting in the Conference Room

Saturday Dungeons and Dragons is on summer break but comes back on August 26th!

Sunday, July 30 10:30 AM Worship

10:30 AM Worship **Self Compassion**, Guest Speaker Carrie Koehline *The Life-Changing Magic of Self-Compassion* Self-compassion is a practical and essential tool for personal growth and being in right relationship with others. Carrie Koehline, local therapist and clutter coach will explore the topic through recent research and stories, songs and poetry. Laura Shelton and Andrew Schoneberg will provide musical support.

11:30 Coffee Hour in the Social Hall

12:00 PM Sunday Brunch at the Hearthfire



The Natural Balance in All Things on Monday, July 31

Join us at 4:30 pm every Mondays for Life Exercise, a program of gentle movement drawn from Chinese Tai Chi and Japanese health exercises. All levels of fitness are welcome. For more information, contact Lee Seaman, (360) 676-8543, lseaman@seamanmedical.com



Saturday, August 5



Fundraiser for and Fun with Our Partner Agency, Community to Community (C2C)

Come celebrate the incredible victory we have all had supporting the formation of the first US farmworker union in 25 years, right in our own corner of the country.

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Sunday, August 6



To Love and Be Loved: Nurturing a Spirit of Care and Connection

10:30 am Service. Jeff Packer with Shasta Pettijohn: Just as a seed nurtured in the right way sprouts, takes root, and grows strong. So, we too have the capacity to nurture ourselves and one another leading to greater resilience and well-being. Music performed by Shasta along with Annie Sorich and Amy Van Auker.



COMING LATER IN AUGUST

Sunday, August 13

10:30am Service Guest Speaker **Ted Williams**, with music by **Karen FitzGerald**

HARNESSING THE POWER OF LOVE TO CREATE CHANGE- August 14th at 6pm



[Black Lives Matter Ministry Team](#) meeting will be held on Monday, August 14th at 6:00 PM. The BUF Black Lives Matter Ministry Action Team seeks to nurture the social, spiritual and personal development of congregation members in the exploration of how racism and privilege impact our congregation, our community, and our nation. In particular, we acknowledge the targeted violence which impacts black people disproportionately. We are committed to harnessing the power of love to dismantle racism and white supremacy across our communities and to creating spaces inclusive of people of all races, ethnicities, and cultural backgrounds. We meet consistently, every second and

fourth Monday of the month at 6pm in the Conference Room.

BUF's Book Club Potluck for Planning Thursday, Aug 17th at 7pm

Thursday, August 17th will be a potluck gathering for choosing our next year's titles, mostly drawn from the Bellingham Library's list of kits, though this isn't a requirement.

Please decide on two favorite choices, one a fiction book and one a non-fiction, and bring them to the meeting. They should be books you've read. Be prepared to promote your choices, and we will vote at the end on the books we'd like to include. A list of the library's kits can be found



at <http://www.eventkeeper.com/kitkeeper/index.cfm?curOrg=BELLING>

Where: Lauralee Carbone's home - 2212 40th St., Bellingham 98229

Questions to Jan Cavitt, jadacad@gmail.com

Visit our blog to stay updated: <http://bufbookgroup.blogspot.com/>

Sunday, August 20

Service at 10:30 am. A Free and Responsible Search for Truth and Meaning - Anastacia and Oliver Lundholm, with music by Don Reinke



Sunday, August 27

Songs of Hope - Dana Lyons

Service at 10:30 am: Bellingham singer/songwriter Dana Lyons (<https://cowswithguns.com>) will share songs for all ages on reverence for the natural world . . . and hope to be found in our vision of the interdependence of all beings.

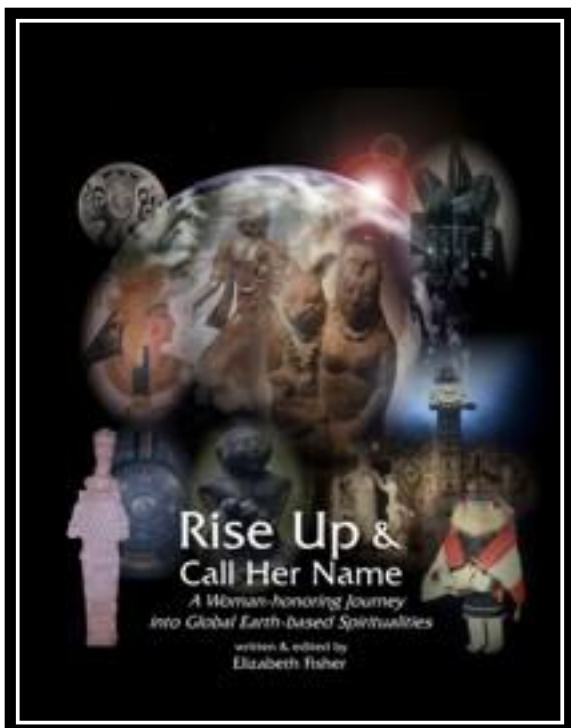


Dana is no stranger to BUF. Having performed at BUF for various events such as Earth Day, he has also worked with BUF to support Lummi Nation in the Totem Pole Journeys and even having gone to the UU General Assembly with BUF, Commit2Respond and Lummi Nation in June of 2015 as part of BUF's GA Workshops and the GA Public Witness event

(<http://www.uua.org/ga/past/2015/business/witness>). *“Every performance is a celebration of life on earth, fueled by Dana’s infectious music, sharp wit, keen observation and warm heart. Prepare to laugh, sing and renew your appreciation for the earth we all call home.”*- Claudia Kienholz, Seattle Folklore Society.

☐ COMING IN SEPTEMBER ☐

Rise Up and Call Her Name



On Tuesdays evenings from September 12th through December 12th, 6:30 -9:30 pm, BUFster Deb Cruz will be facilitating this amazing woman-honoring journey into global Earth-based spiritualities. “Rise Up” was developed by UU Liz Fisher (<http://www.riseupandcallhername.com>) and is a self-contained 13-session course that weaves together spiritual stories worldwide that honor female divinities. Contact Deb Cruz at dwcruz@comcast.net. Those of the male persuasion are encouraged to participate! I will be asking for a materials fee of \$25.00, but no one will be turned away because of a lack of funds. REGISTRATION is required in order to ensure sufficient materials are available for all participants.

A gestalt of attributes integral to varied cultures, Rise Up presents a textured spiritual inquiry often missing from exclusively male imaged, monotheistic belief systems. Techniques for capturing and sharing discoveries on this journey are introduced as crucial tools for traveling.

Sacred narratives, both historical and contemporary, create the

value context for societies. Stories from spiritual traditions that honor the female divine and teach Her ethical lessons are the focus of this innovative curriculum. Tales of Her diverse shapes, colors, sounds and movement prove to be powerful devices for reclaiming and actualizing human potential.

Ecological awareness is prominent on this journey. Cycles, interconnection and biodiversity are given form and substance through stories that portray both the power and process of Nature, advocating reverence for Her.

Circles of participants or individuals traveling solo undertake personally relevant activities. Through visual images, chants, creative rituals, movement and hands-on art projects, a fresh perspective on qualities such as fearlessness, compassion, nurturing and the unfolding of personal spirituality arise. Also, knowing there are traditions that value the female but in no way deprecate the male can provide inspiration and sustenance to both women and men. And its lots of fun!

Healing, both personal and cultural, is often a benefit of this journey. Stimulated by the knowledge of the female divine these stories and activities unfold, we frequently discover life-affirming, but often underdeveloped, aspects of our own unique personalities.

Share News with BUF / Stay Informed

HOW: Send articles to mwu@buf.org

Kudos and Photos: give a shout out about successful BUF events...or catch someone in the act of volunteering by sending us a photo and/or a few good words

Announcements:

- Limit announcements to 200 words, while still
 - including a contact person's contact info
 - limiting the use of insider terms and acronyms
 - saying enough so that newcomers will know what you're talking about
- Attach suggestions for graphics
- Announcements will be limited to BUF-related activities
- Announcements will be repeated on a limited basis, and shortened when repeated
- **Deadlines:** Items must be received on Monday to be published on Wednesday
- **Editing:** all submissions are subject to editing for length and clarity

OTHER WAYS to Share, and to Keep-up with BUF

Order of Service: (OOS) a few items from the MWU, often abbreviated, may be printed in Sunday's oos

Spoken Announcements: a very few items will be announced each Sunday, contact Paul Beckel paul@buf.org by Wednesday for consideration

BUF-news: On BUF-news you can simultaneously email everyone who is subscribed to the list. Sign up here: http://mail.buf.org/mailman/listinfo/buf-news_buf.org Once you've signed up, send messages to buf-news@buf.org Please include your first and last name in BUF-news posts.

Those without internet access aren't reading this...so please share the following info: Printed copies of the MWU are available at the BUF office....and we'll mail a copy to those unable to pick one up. To get on the mailing list call us at (360) 733-3837.